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NEWS
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SHARING.

AND THE OSCAR GOES TO ...

JARED LETO, AMONG OTHERS, ON HOLLYWOOD'S BIGGEST NIGHT, HONOURING THE BEST IN FILM **PAGES 18 & 19**



Huskies claim basketball title

SMU beats St. Francis X-Men 81-72 to reign atop Atlantic University Sport hoops **PAGE 24**

Home-care workers ordered back on job

Liberals pass disputed legislation over weekend **PAGE 4**



WORK HARD, PLAY HARDER

Roller derby skaters, from left, Lyndsay Anderson, aka "Bloxie Hart," and Abbey Ferguson pose for a photo in their gear at Dalplex last week. Roller derby is growing fast across the city, with plenty of room left for women wanting to give it a try. Story, page 6. JEFF HARPER/METRO

Vigils planned for Loretta

In memoriam.

Sister, SMU Aboriginal Society to hold events

The sister of the Saint Mary's University student who was murdered last month is working to organize a nation-wide vigil in honour of Loretta Saunders and other women who have been victims of violence.

"While we found my sister, she and I know of too many stories of women who will not be laid to rest," Delilah Terriak wrote on her Facebook account Saturday. "This needs to change now. I plan on holding a countrywide vigil and would love your help. This is for all women, not just you, me or Loretta."

Saunders, 26, was reported missing in Halifax on Feb. 13. Police found her body in New Brunswick on Feb. 26. Her former roommates, Blake Leggette and Victoria Hennebury, have been charged with first-degree murder.

Terriak wasn't available for comment Sunday but said on her Facebook page she's hoping to hold the vigil on March 27.

The Aboriginal Society at

In Ottawa

- Another vigil is being planned in Ottawa in memory of Loretta Saunders and to call for a national inquiry into missing and murdered aboriginal women.

- Cheryl Maloney, president of the Nova Scotia Native Women's Association in Halifax, is helping organize the event Wednesday on Parliament Hill.

Saint Mary's University is also asking students and the public to wear purple over the next week in Saunders' honour.

Saunders, an Inuit woman and native of Happy Valley-Goose Bay, N.L., was researching her thesis on missing and murdered aboriginal women at the time of her death.

A traditional Grand Council Flag-raising ceremony is planned for 10 a.m. on Monday at Saint Mary's McNally Main building, followed by a traditional Talking Circle in the Loyola Academic Complex at 6:30 p.m. RUTH DAVENPORT/METRO

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Insult hurled

Accused appears in Halifax court

Amid high tension and heavy security presence, the friends and family of Loretta Saunders packed a Halifax courtroom Friday to get their first glimpse of the man charged in the death of the Inuit student.

Moments after 25-year-old Blake Leggette entered provincial court, a man in the gallery screamed "You gutless coward" and "Watch, bud, watch" before being reprimanded by one of many sheriffs and police officers.

Sitting on the prisoner's bench in a light green sweatshirt and jeans, Leggette stared ahead as the case against him and his 28-year-old girlfriend, Victoria Henneberry, was adjourned until March 19. She did not appear in the courtroom and was represented by her lawyer.

The couple were charged Thursday with first-degree murder after Saunders's body was found on a highway median in New Brunswick a day earlier. The 26-year-old Saint Mary's University student had disappeared Feb. 13.

Police allege Saunders was killed the day she was last seen at a Halifax apartment she once shared with the two accused. **THE CANADIAN PRESS**



Victoria Henneberry, 28, being escorted into a Halifax courthouse on Friday. **THE CANADIAN PRESS**



Delilah Terriak, 21, holds back tears when talking to the media on Feb. 21 about her sister, Loretta Saunders, prior to her body being found. **GEORDON OMAND/METRO**

Family shows grace in terrible suffering

Loretta Saunders.

Relatives think of other missing natives, pray for family of accused

The family of Loretta Saunders, dealing with the enormity of her murder, is thanking all those who have supported them.

Saunders' aunt, Barb Coffey, said the full impact of the crime likely won't sink in until Saunders is brought back home to Labrador.

The 26-year-old student hailed from Happy Valley-Goose Bay and attended Saint

Mary's University.

"It does not seem real, not fully real yet," Coffey said from Halifax on Friday.

Coffey thanked all the volunteers who helped spread missing-person posters as well as those who offered kind thoughts to the family.

She said the family is also grateful to the aboriginal community, the media, Saint Mary's University and Provincial Airlines.

Saunders' sister, Delilah Terriak, and brother Edmund spoke to media early in what was then a disappearance case.

"They helped other people see who Loretta was. It made it real for other people," Coffey

Long road ahead

"It is something we will have to work through on a daily basis."

Barb Coffey, Loretta Saunders' aunt

said.

Several relatives said her life and loss have drawn attention to the violence against native women and that they hoped that would not be forgotten.

"Loretta made a grand point and she hasn't died in vain," Terriak told reporters Friday.

Coffey said Saunders' parents, Miriam and Clayton, are

also praying for the family of the accused.

"Even when we are hurting, this is part of who we are," Coffey said.

Coffey said the family put their trust in the Halifax police and they came through.

"Not very often are aboriginal women returned, and she's been returned," Coffey said, adding it's important an inquiry be held because of the number of cases in Canada.

Coffey said Terriak will accompany her sister's remains home when the body is released after the autopsy, which is taking place in Saint John, N.B. **ST. JOHN'S TELEGRAM/ WITH FILES FROM THE CANADIAN PRESS**

1 NEWS



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Home-care legislation passed

Ordered back to work. Bill voted on in rare weekend sitting

Hundreds of striking home-care workers were ordered back to work Saturday after the Nova Scotia government passed legislation that provoked sharp rebukes from opposition leaders, who say it will do nothing but sour labour relations in the province.

The governing Liberals voted unanimously for Bill 30, the Essential Home-support Services Act, while the NDP and Progressive Conservatives opposed it in the unusual weekend vote to get about 420 workers back on the job.

Premier Stephen McNeil defended the measure, arguing it doesn't take away the right to strike but requires an employer and union to determine who is considered an essential worker. If an agreement can't be reached, the matter would be submitted to the Nova Scotia Labour Board.

He also issued a pointed criticism of the NDP, who he said failed to resolve the ongoing dispute while they were in power before the Liberals won the election last October.

"They had almost two years to deal with this issue and they sat on their hands and did nothing," he said after the bill passed at about 10:30 a.m.

"All we were doing is ensuring that we lined up essential service legislation that reflected the needs of the citizens receiving those services."

But the head of the Nova Scotia Government and General Employees Union, which represents the workers, said the legislation effectively strips them of the right to strike since disputes over what is an essential service could drag on for months.

"This legislation wasn't written so that we would



Premier Stephen McNeil METRO FILE

have essential service to protect the public," Joan Jessome said angrily. "It was written so they'd never have the right to strike."

The passage marks the first major dispute the government has faced since it assumed power and comes after the bill was sent to committee, where 128 witnesses signed up to speak to the legislation, slowing its progress through the house.

The union says striking workers at Northwood Home-care want the same pay as their counterparts in hospitals.

McNeil said the home-care workers have been offered a three-year contract with a 7.5 per cent raise. Under the offer before the union, hourly wages for Northwood home-care workers would rise to \$17.95 as of April 1. Hospital workers doing similar jobs will make \$18.83 as of April 1.

The home-care workers supply services provided by Northwood to about 1,800 people and have been without a contract since March 2012.

THE CANADIAN PRESS



Striking home-care workers marching outside the Nova Scotia legislature in Halifax on Friday. MICHAEL TUTTON/THE CANADIAN PRESS

3-storey fall in south end

Police say a 20-year-old man was found bloodied and disoriented after he fell from a third-storey window in south-end Halifax on Saturday night.

Around 11 p.m. the injured man was walking in the 5900

block of Inglis Street. Police say the victim wasn't wearing shoes or a shirt and was bleeding from the face and stomach area. He also appeared confused and disoriented.

Police say he had fallen

from a third-storey window at his home in the 1000 block of Tower Road.

Sgt. Barb Saunders said there doesn't appear to be any suggestion of alcohol consumption. **DESERIE MURPHY/FOR METRO**

Man allegedly abducted

Police say they don't know the motive behind an alleged abduction that occurred early Sunday morning in Halifax.

Just before 5 a.m., police say they received a call from a 19-year-old man inside a home in the 3000 block of MacAlpine Avenue.

The man told police he was being held against his will by several people and that one person had a handgun.

Police say the victim was eventually able to get outside where he waited for officers. Police eventually made contact with those inside the home and four people — a 63-year-old man, a 45-year-old woman and a two male youths — came out and were being questioned by investigators at Halifax police headquarters on Sunday.

Police spokesperson Sgt. Barb Saunders said Sunday

they are trying to figure out exactly what happened.

The victim was in hospital Sunday with non-life threatening injuries.

DESERIE MURPHY/FOR METRO

No charges laid yet

Police don't believe the incident was random, and as late Sunday, no charges had been laid.

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Derby terms

- **Bout:** Derby games are called "bouts" and are made up of two 30-minute halves
- **Fresh meat:** A rookie player
- **Jammer:** One jammer per team, and only these players can score the points. They have a distinctive star cover on their helmet.
- **Blocker:** The other four skaters on a team are called "blockers." They try to stop the other team's jammer, while helping their own pass the rival blockers.
- **Pack:** The group of blockers
- **Skater:** The general term for a derby player
- **Splash zone:** Area of the track where players could slide and crash into the audience
- **Whip:** A move where one or more players transfer their speed to a jammer using their arms
- **Lead jammer:** The jammer who gets through the pack first is lead jammer. They can call off a jam at any point, like to keep the other team from scoring points.
- **Jam:** A short round of game play when each jammer can score points. It ends after two minutes, or the lead jammer calls it off.
- **Pivots:** Blockers that wear striped helmets. They can become jammers if they receive the star helmet cover.
- **Quad Skates:** Derby skates have four wheels in two pairs side-by-side instead of four in a row like roller blades.
- **Whistles:** One long whistle by the referee means a major penalty. Four short whistles mean the jam is over.



"Blockers" in action during a league game.

COURTESY KEVIN MOLYNEAUX



Roller derby skaters Lyndsay Anderson, a.k.a. "Bloxie Hart", left, and Abbey Ferguson pose for a photo in their gear at Dalplex. JEFF HARPER/METRO

'It's a sport kind of unlike any other'

Anchor City Rollers. Halifax's growing roller derby league gets new name, B team



HALEY
RYAN

haley.ryan@metronews.ca

Abbey Ferguson is excited to be fresh meat.

Ferguson, a 19-year-old university student, laced up her red skates and adjusted her elbow pads as she talked about going through the 12-week "fresh meat" program with the Anchor City Rollers derby league last week.

"It looks scary, but you have to look at how much gear we're wearing. In comparison to rugby, where you put on a pair of cleats and say 'Okay, go run,'" Ferguson said.

"You can't even stand up without your gear on."

Ferguson heard about the league in high school, and has been waiting to turn 19 so she could start the bootcamp.

The four-year-old Halifax Roller Derby Association was renamed Anchor City Rollers during an event on Friday night, when a new B team was also announced to handle the growing number of players.

Anchor City Rollers spokeswoman Christina "Skatey and the Tramp" Shaffer said the league now has over 100 skaters, referees and volunteers and two travel teams who compete around the Maritimes.

Originally revived as an "underground, do-it-yourself" women's contact sport in the early 2000s, Shaffer said derby is becoming more mainstream.

"It's a sport kind of unlike any other.... It's been fantastic

Quoted

"It was love the first time I laced up my skates." Lyndsay Anderson

to really kind of grow my confidence," Shaffer said.

Halifax's own Ellen Page helped bring derby to the masses in Whip It, a 2009 film where she plays a small-town girl who gains confidence when she joins a derby team.

There are five skaters on each team, including one jammer who scores points by lapping the other team's skaters who try to block with hits during "jams."

Part of the fun is creating a unique derby name, often using a pun. Ferguson only has ideas at this point, but can pick one once she's been drafted.

Lyndsay "Bloxie Hart" Anderson (inspired by Roxie Hart from the musical Chicago) has been with the league since it began and sings showtunes on the track to distract the other team.

"Belting into 'Oklahoma' while we're sitting between jams, people are like 'What is she doing,'" Anderson laughed.

All women agreed the close friendship and sense of community among players is a special part of the sport.

"It's a safe space for all different types of women," Anderson said. "It's inclusive to different types of body types, lifestyles."

Shaffer said with the league's "great success," they'd like to keep growing the sport in Halifax and get the A team to nationals one day. "It's been a lot of fun, so we'd just like to see that continue," she said.



Halifax's Ellen Page in the poster for the movie Whip It.

GETTY IMAGES



The scene of where a plane crashed in Yarmouth County on Sunday morning. THE YARMOUTH VANGUARD

Pilot OK after plane crashes into tree

Rough landing in cemetery. Investigators trying to determine what happened

The RCMP say the pilot of a small aircraft suffered only minor injuries when the airplane he was flying crashed into a tree in a cemetery in Arcadia, Yarmouth County, late Sunday morning.

An investigation into why the airplane crashed has been launched, although the RCMP said it would be the Transportation Safety Board who

would carry out the probe, rather than them.

"All we know is he hit the tree, we don't know why," Sgt. Michel Lacroix said from the scene.

Lacroix said the plane was flying low and that the pilot was not seriously injured.

"The firemen took him out and they transported him by ambulance."

It was about 11:30 a.m. when the Yarmouth County RCMP, Emergency Health Services and the Yarmouth Fire Department received a call that a Cessna airplane had crashed near Kinney Road in Arcadia.

Scene of the crash

The airplane isn't expected to be removed until the investigation into what happened is completed.

Lacroix said the matter is being turned over to the province's transportation safety board because they don't handle cases like this.

The cemetery the single-engine airplane crashed into is an old one, with grave-stones dating back over 100 years. THE YARMOUTH VANGUARD

Housing complex

Ten people forced from homes after fire

Ten people from two families were forced from their homes after a fire Saturday in one unit of a north-end Halifax complex.

The Canadian Red Cross says the fire at about 2 p.m. also sent a large amount of smoke into an adjacent unit on Connor Lane.

Volunteers arranged emergency lodging and other aid for the four adults and six children.

The Red Cross says one man was treated in hospital for smoke inhalation, but there were no serious injuries. THE CANADIAN PRESS

Thrown from vehicle. Two hurt in snowmobile crash on Sackville lake

Police say two people were injured after a snowmobile collision on a lake in Middle Sackville on Saturday night.

The RCMP say the woman driver and a girl passenger were thrown from the machine when it struck a concrete wall near the shore after crossing Springfield Lake at 9 p.m.

Police say both people were taken to hospital, with the driver suffering serious injuries.

"It could have been just being unfamiliar with the area she was in," said RCMP Sgt. Anthony Pompeo about

Quoted

"The injuries were serious and she is hospitalized."

RCMP Sgt. Anthony Pompeo, of the snowmobile driver.

the cause of the collision. "It's still under investigation."

In a release issued about the accident Sunday, police are advising recreational drivers to familiarize themselves with their surroundings prior to heading out on the trails.

METRO

Masked bandits rob man in Fairview

Halifax police are investigating after a group of masked bandits carrying a baseball bat and knife robbed a man in Fairview shortly before noon on Saturday.

According to police, three men and one woman — thought to be in their early 20s — approached a 57-year-old man outside the Bluenose Mini Market on the corner of Evans Avenue and Titus Street around 11:50 a.m.

Police said the woman carried a small knife and one of the men held a baseball bat.

Description

4

All four suspects wore dark scarves concealing their faces.

"They didn't threaten (the victim) or gesture with the weapons," said police spokesman Sgt. Greg Robertson.

"They proceeded to search him and removed a small quantity of cash from his pockets."

The victim was uninjured

and witnesses last saw the suspects fleeing west down Evans Avenue.

Police described the female as black, about four feet tall and 100 pounds, wearing dark clothing.

Two of the males appeared similar, about five-foot-seven and 150 pounds, black and wearing all dark clothing.

Police described the third male suspect as a six-foot-tall, 170-pound white male, wearing a light-coloured jacket with the hood up at the time. GEORDON OMAND/METRO

Cha-ching

\$1-million lottery ticket sold in Halifax

It looks like Halifax has itself a new millionaire.

Atlantic Lottery Corporation has announced a ticket sold in Halifax for Friday's MaxMillions draw worth \$1 million belongs to a single ticket-holder from the region.

The winner numbers are 13-19-22-25-27-28-32.

Atlantic Lottery Corporation says the winner will be announced when the person comes forward and claims the prize. METRO

Danger on the roads

Three people hit in HRM crosswalks over weekend

A 55-year-old man was

struck by a vehicle in a marked crosswalk in Halifax on Sunday afternoon.

Police say the accident happened as the driver — a 25-year-old man — was turning left onto Windsor Street from Hood Street.

The driver was ticketed for failing to yield to a pedestrian in a crosswalk.

On Saturday afternoon, two people were hit by a van at a marked crosswalk in Bedford. METRO

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B.C. researcher part of African dig that may defy evolution timeline

Ethiopia. Researchers speculate discoveries made at Gademotto Formation could show when humans began using their brains to develop basic skills

In the 4.5-billion history of Earth, 80,000 years is the blink of an eye.

But in terms of human evolution, it has the potential to be a drastic shift. A team of archaeologists and anthropologists believe that length of time may be just how much earlier our ancestors began using their brains to develop basic skills.

It has been commonly believed that around 200,000 years ago, human ancestors began to become cognitively "modern."

"That is, when did we begin to think in ways that are common for humans today and distinct from non-modern humans?" said Karl Hutchings, an assistant professor in sociology and anthropology at Thompson Rivers University in Kamloops, B.C., and a member of a team of researchers on a recent dig in Ethiopia.

Some members of the research team speculate discoveries at the site, known

Archeological analysis

Karl Hutchings said he was invited because he is the only person who does the type of archeological analysis necessary — using sound waves and measurements to break stones and, from that, determine how they were made and why they were used.

- He studied more than 200 javelin-shaped, mostly obsidian projectiles found at the site along a large collapsed volcano crater in the country's Rift Valley.

as the Gademotto Formation, could move the timetable for brain development to about 280,000 years ago.

A research paper published by the team said the discovery is significant "because it provides direct evidence for a highly advantageous, complex technology that pre-dates the emergence of Homo sapiens."

Hutchings, however, is doubtful, because the new data would indicate a different date for the emergence of Homo sapiens — a group that includes humans and their ancestors — and because there have been no sites found with similar tools

that were used in that time period.

The area has several sites where hominids, a subgroup of Homo sapiens, have been found.

Hutchings said his research involved analyzing the fractures in the stone and using the results to determine how the objects were used. Fractures are different based on whether the objects are thrown or used as a hand tool, for example. He hopes to return to Ethiopia to visit the Gademotto Formation again for further investigation.

Whatever the results of the study, Hutchings said the work will have an impact.

He said we can better understand our place in the cosmos and where we are headed if we better understand ourselves.

"Of course, we can't witness or dig up these behaviours, so archaeologists look for indications of these behaviours among things that do preserve; in this case, specific stone tools, since stone preserves so well," he said. "I am seeking to identify that place and time where we began to think in ways that characterize modern humans."

Once the timeline of where and when our ancestors began to evolve is more clear, research can concentrate on why, he said.

THE CANADIAN PRESS



Karl Hutchings, a member of a team of researchers on a recent dig in Ethiopia, holds a spear point in a recent photo. KAMLOOPS THIS WEEK/THE CANADIAN PRESS

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Ottawa student says she is a 'rape culture' victim

Apology not enough.
Woman facing legal threats after speaking out against graphic Facebook conversation

A University of Ottawa student union leader says an online conversation among five students in which she was the target of sexually graphic banter shows that "rape culture" is prevalent on Canadian campuses.

Anne-Marie Roy, 24, is going public despite threats of legal action by four of the male students. Roy — who received a copy of the conversation via an anonymous email — said she felt compelled to speak out, especially since the five were in positions of leadership on campus.

"They should be held accountable for those actions," said Roy, who heads the Student Federation of the University of Ottawa.

The conversation — a copy



Anne-Marie Roy, seen here in a 2013 rally in Ottawa. Roy is speaking out about an online conversation among five fellow students in which she was the target of sexually graphic banter. BEW POWLESS/THE CANADIAN PRESS

of which was obtained by The Canadian Press — included references to sexual activities some of the five individuals wrote they would like to engage in with Roy, as well as suggestions that she suffered from sexually transmitted diseases.

Roy said she received an emailed apology from the men, which emphasized that their comments were never actual threats against her, but she felt the apology wasn't enough. She

planned to distribute copies of the conversation to the board of administration, which oversees the affairs of the student union, while asking the board to move a motion to "condemn" those involved.

After learning of Roy's plan, four of the five individuals sent her a letter warning her that the conversation was private and that sharing it with others would amount to a violation of their rights. **THE CANADIAN PRESS**

How many Jack the Rippers hide in the London (Ont.) fog?

London, Ont., is the serial killer capital of the world, a Western University expert claims in a shocking upcoming book.

Criminology professor Mike Arntfield says past London murders point towards unknown serial killers. Between 1960 and 1985, London had 32 homicide victims, all of them women and children, in cases that indicate serial killers could be involved.

Of those 32, 13 are attributed to three confirmed multiple murderers: Russell Johnson, the Balcony Killer; Gerald Archer, who was called the Chambermaid Slayer; and Christian McGee, known as the Mad Slasher.

But Arntfield says among the remaining 19, there are links. "We've identified a number that suggest the co-existence of two, and possibly three, others (serial killers) at that time," he said.

At a time when London had 200,000 to 250,000 people, having five or six serial killers was a high rate — "extraordinarily high," said Arntfield.

In fact, he says it's the high-



Criminologist Mike Arntfield. MIKE DONACHIE/METRO IN LONDON, ONT.

est rate of any city, based on the statistics available worldwide.

But why London? Arntfield says it's complicated, but factors include population demographics and London's distances from other cities. Being

near the highway is a factor, too.

The full story will be revealed when Arntfield's book is published in the coming months.

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Thai protesters leave streets to rally in park

Anti-government protesters in Thailand's capital began setting in at a park in the centre of Bangkok on Sunday, withdrawing from other sites after their numbers began to dwindle and attackers endangered their security.

Protest leader Suthep Thaugsuban addressed the demonstrators at Lumpini Park, vowing to continue the campaign to try to force Prime Minister Yingluck Shinawatra to resign and make way for an unelected interim government that they say would institute anti-corruption reforms.

He earlier said the move to the park — already a protest site — from several major Bangkok intersections was to avoid causing further hardships to the city's residents.

Since the protests began in early November, the demonstrators' tactics have included blockading and occupying government offices. In mid-January, they began occupying key Bangkok streets to tie up traffic. However, life had continued much as normal in most of the capital, despite several pitched battles with police.

THE ASSOCIATED PRESS



City workers clean a main protest site as it is cleared from a popular intersection in Bangkok, Thailand, on Sunday.

WALLY SANTANA/THE ASSOCIATED PRESS

Afghanistan

Car bomb kills civilians

A militant car bomb prematurely exploded overnight in eastern Afghanistan, killing nine insurgents and four civilians, authorities said Sunday. The blast hap-

pened in Logar province, some 10 kilometres north of the capital, Pul-e-Alam, said Din Mohammad Darwesh, a spokesman for the provincial governor. Darwesh said it appeared insurgents, who he identified as three Afghans and six Pakistanis, set off the bomb too early.

THE ASSOCIATED PRESS

Egypt

Starting over

Egypt's new prime minister on Sunday urged a halt to protests and strikes to give the nation a breather to rebuild after more than three years of deadly turmoil.

THE ASSOCIATED PRESS

Baird irate over

Sending a message.

PM Harper says Canada is withdrawing its ambassador from Russia

The Harper government ramped up its denunciations of Russia on Sunday, threatening the potential for more sanctions even as it ruled out western military intervention to force Russian troops out of Ukraine.

Foreign Affairs Minister John Baird used some of the toughest language yet, describing Russia's incursion as "old Soviet-style" aggression and saying President Vladimir Putin's attempts to justify it are "absurd and ridiculous."

But, while he spoke of the possibility of further sanctions, including expelling Russia's ambassador to Canada, he ruled out a military response to the crisis by western nations.

"I don't think there's anyone talking about western military intervention, none of our friends or allies," Baird said



Former Ukrainian Prime Minister Yulia Tymoshenko shakes hands with Canada's Minister of Foreign Affairs John Baird in Kyiv, Ukraine, on Friday, Feb. 28. OLEXANDER PROKOPENKO/THE ASSOCIATED PRESS

Sunday in an interview with Global's West Block.

"What we are doing is working together to say in no uncertain terms that this is completely unacceptable and to condemn (it) in the strongest language possible."

Baird's own language was harsh. He dismissed Russian arguments that it needs to protect its Black Sea naval fleet, which is based in Sevastopol on Ukraine's Crimean Peninsula, and the Russian-speaking population in that region.

"The claims that President

Putin puts forward are absurd and ridiculous. He has no right to invade another country, a neighbouring country that's struggling for freedom and democracy."

On Saturday, Prime Minister Stephen Harper announced that Canada is withdrawing its ambassador from Russia and will boycott preparatory meetings of ministers and officials for the G8 summit, which is supposed to be held in June in Sochi, where the Winter Olympic games just ended.

THE CANADIAN PRESS

Armed base,

Ukraine response

Ottawa reduced to 'gestures'

The Harper government's response to the Russia-Ukraine crisis smacked of empty gestures from a country that

has become increasingly marginalized on the world stage, two retired Canadian ambassadors charged Sunday.

"We are the great practitioners of grand gestures," said one of the country's most distinguished ex-diplomats, Jeremy Kinsman, who has

served as Canada's senior envoy to Russia, Britain, Italy and the European Union.

"Pulling your ambassador out for consultations — I happen to believe always you don't do that. That's strictly a gesture. This is the one time when you want your ambassador there." THE CANADIAN PRESS



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'Soviet-style' tactics



men patrol around a Ukraine infantry base in Perevalne, Sunday. Hundreds of armed men in trucks and armoured vehicles surrounded the Ukrainian military blocking its soldiers from leaving. The outnumbered Ukrainians placed a tank at the base's gate, leaving the two sides in a tense standoff. THE ASSOCIATED PRESS

South Africa. 24-hour TV channel showing Oscar Pistorius trial goes on air

TV

A cable TV channel devoted to the Oscar Pistorius murder trial went on air in South Africa on Sunday night showing footage of the blonde model the world-famous athlete shot dead at his home a year ago. The video includes footage of her playing with dolphins.

The 24-hour channel began broadcasting just over 12 hours before Pistorius was expected in court for the start of his trial.

Dedicated completely to the trial, some of its early programming focused on the life of girlfriend Reeva Steenkamp, the model and reality TV star Pistorius killed on Valentine's Day last year when he fired shots through a toilet door at his house. In one video taken by security camera, a smiling Steenkamp is seen arriving at the gated community where Pistorius lived just hours before she was killed. There was also video of her swimming with dolphins

The channel, called The Oscar Pistorius Trial — A Carte Blanche channel, is on South Africa's most popular cable TV network, which is one of the three broadcasters that asked the judge to allow live coverage of the trial.

- Three remote-controlled cameras have been installed in the courtroom.

while shooting a reality TV show for South African television. At one point, two dolphins tap their snouts on her cheeks.

Pistorius denies murder and says he shot Steenkamp after mistaking her for a dangerous intruder inside a toilet cubicle in his bathroom during the night.

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Chinese officials blame separatists for slashing spree

Uighurs accused.

Twenty-nine people killed, four assailants shot dead by police

Authorities on Sunday blamed a slashing rampage that killed 29 people and wounded 143 at a train station in southern China on separatists from the country's far west.

Police fatally shot four of the assailants — putting the overall death toll at 33 — and captured another after the attack late Saturday in Kunming, the capital of Yunnan province, the official Xinhua News Agency said. But authorities were searching for at least five more of the black-clad attackers.

Witnesses described assail-



Prayers at the massacre's site, a train station in Kunming, China, Sunday.
ALEXANDER F. YUAN/THE ASSOCIATED PRESS

ants dressed in black storming the train station late Saturday evening and slashing people indiscriminately with

large knives and machetes.

State broadcaster CCTV said two of the assailants were women, including one of the slain and the one detained.

China's top police official, Politburo member Meng Jianzhu, arrived in Kunming early Sunday, an indication of how seriously authorities viewed the attack.

Most attacks blamed on Uighur separatists take place in the western province of Xinjiang, but Saturday's assault happened more than 1,500 kilometres to the southeast in Yunnan, which has not had a history of such unrest.

Kunming residents expressed dismay at both the attack and the conditions within China that could have allowed it to happen.

THE ASSOCIATED PRESS



Ultra-Orthodox protest military service

Hundreds of thousands of ultra-Orthodox Jews paralyzed Jerusalem Sunday to rally against plans to force them to serve in the Israeli military, which is mandatory for secular Jews. The issue is one of the most sensitive flashpoints between Israel's secular majority and its devout minority, as the country grapples with a cultural war over the place of the ultra-Orthodox in its society. ODED BALILTY/THE ASSOCIATED PRESS



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Syria. Spanish journalist freed from kidnappers

A Spanish journalist kidnapped by militants from a breakaway al-Qaida group in Syria crossed the border into Turkey on Sunday, his newspaper reported.

The news of the reporter's freedom came as his captors, fighters from the Islamic State of Iraq and the Levant, fled areas near the Turkish border, leaving behind at least two mass graves, one containing 17 bodies, activists said.

Correspondent Marc Marginedas was abducted on Sept. 4 near the central Syrian city of Hama by Islamic State fighters. He was "moved repeatedly" while in captivity, and his captors accused him of being a spy before his release, his newspaper El Periódico said.

The newspaper did not elaborate on how Marginedas was released or whether a ransom was paid. It said he was undergoing medical tests in Turkey.

Syria, engulfed in a three-year conflict, is the most dangerous country for journalists with more than 30 international and local reporters currently in captivity, according to the New York-based Committee to Protect Journalists.

Most of the kidnappings in the past six months have occurred in opposition-held parts of northern and eastern

Syria, where the Islamic State was particularly strong and despised for its tactics. Since December, a loose coalition of rebels has been fighting the militants.

On Friday, Islamic State fighters began withdrawing from parts of the northern province of Aleppo, after the powerful al-Qaida Syria affiliate, the Nusra Front, ordered them to accept mediation by leading clerics to end infighting or be "expelled."

Residents found at least two mass graves in their wake, Syrian activists said.

One grave contained 17 bodies, said Rami Abdurrahman of the British-based Syrian Observatory for Human Rights. The other had five, he said.

"Some of the bodies were tortured. Some bodies were decapitated. Some had hands cut off, feet cut off," said an activist identified as Abu Mahmoud.

Meanwhile, government airstrikes killed at least 13 people in a northwestern border town, activists said. The strikes hit buildings in the town of Kfar Takharim in the northwest province of Idlib on Saturday afternoon, according to the Idlib News group and the Syrian Observatory.

THE ASSOCIATED PRESS

Canada's Cindy Klassen

Olympian helps open women's gym in Palestine

Canadian speedskater Cindy Klassen, a six-time Olympic medallist, has helped open a \$1.3 million indoor gym for Palestinian women in the biblical town of Bethlehem.

Women's participation in sports is relatively unusual in Palestinian society.

The 1,300-square-metre sports centre opened Sunday, with funding from Canadian Lutheran World Relief and Calgary's Mt. Calvary Lutheran Church.

THE ASSOCIATED PRESS

N.Y.C. court

Bin Laden's son-in-law on trial

Osama bin Laden's son-in-law goes to trial Monday on charges he conspired to kill Americans in his role as al-Qaida's mouthpiece after the Sept. 11, 2001 terrorist attacks.

Sulaiman Abu Ghaith is the highest-ranking al-Qaida figure to face trial on U.S. soil since the 9/11 attacks.

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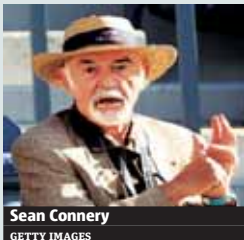
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Monday, March 3, 2014

NEWS

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Scotland referendum



Sean Connery
GETTY IMAGES

Connery calls on Scots to vote for independence

Film star Sean Connery is urging fellow Scots to vote for independence when a referendum is held in September.

The longtime independence advocate says in *The Sun* on Sunday newspaper that the opportunity to separate from the rest of Britain is too good an opportunity to miss.

His view is not shared by rock star David Bowie, who has urged Scottish voters to remain part of the United Kingdom.

THE ASSOCIATED PRESS

Human rights board

Mexico probes negligent care of native mothers

Mexico's National Commission of Human Rights is investigating two possible cases of negligence involving indigenous women giving childbirth. One of the women died.

The commission said Sunday the woman died in the state of Oaxaca Tuesday, a year after slipping into a coma from an infection contracted when scissors were left inside her womb after delivering twins by cesarean section at a rural hospital.

In another case, the commission says an 18-year-old indigenous woman gave birth in the bathroom of a shelter next to a hospital in Oaxaca's southern Sierra because she was refused medical care.

Mexicans were outraged by two similar cases in October, including a woman photographed giving birth on the lawn of a medical clinic. THE ASSOCIATED PRESS

Flinging mud at each other and loving it

Brazilian Carnival.

Thousands join the "mud street party" to wallow in it

Extravagant costumes need not apply at the Bloco da Lama Carnival street party, where revelers dispense with pirate and princess costumes in favour of head-to-toe layers of thick, black mud.

Thousands of revelers, their bikinis and shorts invisible beneath the black coating and their hair frozen into mud Mohawks, danced, drank and flung mud balls as sound trucks blasted bone-jarring rhythms in this colonial Brazilian town.

Gangs of mud-covered revelers called out to the clean, offering a "hug" and trying to catch unsullied passers-by in muddy group embraces.

Fans of Bloco da Lama,

which literally means "mud street party," insist the event is among the most democratic of the thousands of booze-filled parties that take over Brazil's streets throughout Carnival.

"You don't need to buy anything, you don't need to spend any money, your costume is here for the taking," said 28-year-old actress Diana Rodrigues, as she pointed to the naturally occurring mud banks along the Jabaquara beach in Paraty.

The Bloco da Lama was founded in 1986 by two local teens who became local Carnival sensations after they appeared in the city's historic downtown covered in mud following a crab hunting expedition in a nearby mangrove forest, said Rodrigues, who was hired by Paraty's city hall to explain the history of the "bloco" to foreigners, who now come from as far afield as Italy and Germany. THE ASSOCIATED PRESS



A mud-covered reveler poses for a photo during the Bloco da Lama or "mud street party" in Paraty, Brazil, Saturday. NELSON ANTOINE/THE ASSOCIATED PRESS

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BUSINESS

metronews.ca
Monday, March 3, 2014

Four rules to RRSP game



HOW TO ROLL
Alison Griffiths
metronews.ca

It's today! The RRSP contribution deadline for the 2013 tax year ends at midnight. And here you are, among the more than 75 per cent of eligible Canadians who haven't made an RRSP contribution.

Are you going to let another year pass without capitalizing on just about the only tax deduction for working folk? Or are you going to tiptoe over to that line of credit or take advantage of your friendly bank/broker/financial adviser who can get you some cash by day's end?

Before you sign on the dotted line, here are four RRSP loan rules.

1. Have a taxable income

There is no point in borrowing to contribute if it provides no tax advantage to offset the loan costs. Contribute by all means, if it makes sense for retirement planning and to carry the deduction forward to higher earning years. But don't saddle yourself with debt to do so.

2. Pay it back in one year

Don't let the fact that the money is going into your RRSP confuse things. It's a debt and must be paid off. With just hours to go, consider this: If you weren't able to save enough during the year for regular contributions, how are you going to pay off the loan over the next year?

If you can't get rid of the debt within the next 12 months, think hard about

how you will avoid being pulled into a cycle of debt-contribution-debt for future years.

3. Direct the tax refund at the loan

Come tax-refund time there are always demands on those dollars but they should go to pay off the RRSP loan. Without fail, every time I've seen the borrow-to-contribute strategy go off the rails it starts with the failure to use the refund to pay down the loan.

4. Work on a savings plan

Let's face it. Failure to contribute to an RRSP means something is wrong with your financial plan. It's time to butt heads with your budget and figure out why your retirement saving is not on track.



Corruption scandal hits Turkey

Cars wait for the green light on a main road covered with fake banknotes after members of the main opposition Republican People's Party threw fake euro bills into the air during an anti-government protest denouncing a corruption scandal that has shaken Prime Minister Recep Tayyip Erdogan's government, in Ankara, Turkey on Saturday. Protesters shouted "there's a thief!" as they distributed an amount of 30 million fake bills, a day after five remaining suspects jailed in a vast corruption investigation that has shaken Erdogan's government (including two former ministers' sons and a businessman suspected of bribery and illicit money transfers to Iran) were released on parole pending trial. BURHAN OZBILICI/THE ASSOCIATED PRESS

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Friends have apptacular success

Sometimes words can hurt, and that's a bad thing.

But for the people behind the video game Letter Quest: Grimm's Journey, damaging words are spelling out their success.

Jake Macher and Mark Smith, who met while working together in London, Ont., are the creators of the game, which came out on Feb. 5.

And it's looking good. Soon after its release, the game made it on to the iTunes App Store's front page, and its popularity

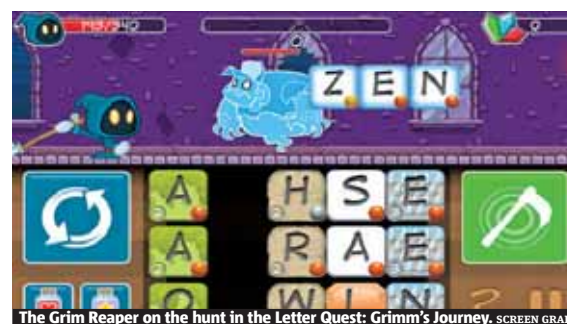
means it's stayed there since.

It's the first game produced by Bacon Bandit Games, which was formed by the friends six months ago.

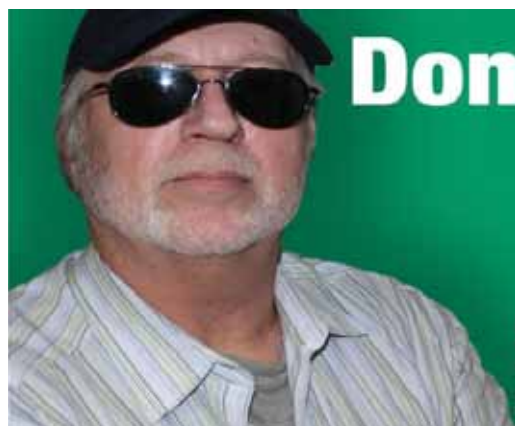
Although they worked together at Antic Entertainment in London, Ont., Smith, 34, moved home to Winnipeg to be nearer his family.

Looking ahead, they're discussing possible new games, as well as releasing updates to their first one, giving people new ways to play.

MIKE DONACHIE/METRO IN LONDON, ONT.



The Grim Reaper on the hunt in the Letter Quest: Grimm's Journey. SCREEN GRAB



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ELIMINATING RIGHT TO STRIKE

Whose services are really “essential,” and what does that mean?

On Friday, the Stephen McNeil government recalled the legislature to designate most home support workers — including the 400 Northwood employees who began a legal strike Friday, the 670 VON workers who could walk off their jobs this week and even the hundreds of others still at work and still supposedly involved in “free” collective bargaining — so essential they cannot be allowed to exercise their legal right to strike.

According to the legislation, home support employees who “assist persons with activities of daily living, which may include personal care, respite services, light housekeeping, meal preparation and laundry services” are absolutely essential. And so too are those whose absence might simply result in “deterioration of property required for the performance of an essential home-support service.”



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

If those workers are so essential, we need to ask ourselves why they earn — even if they were to accept the government’s last “generous,” accept-this-or-we’ll-offer-you-even-less contract — far less than half what an MLA makes? Are MLAs really twice as essential?

If we really can’t do without home support workers, why won’t we compensate them on a par with, say, doctors? Or nurses? Shouldn’t they — at a minimum — earn as much as those who do similar work inside hospitals? And be compensated for the hours they spend each day “on call”?

If Nova Scotia’s home support workers are so vital to our collective well being, why have they been working without a contract for close to two

years?

And why won’t the government allow its dispute with them go to arbitration, the normal way to resolve labour disputes without strikes?

Essential service should determine compensation

If there’s an argument for eliminating health care workers’ right to strike, losing that right should then become a factor in determining their compensation.

It seems McNeil’s government’s broader agenda is to eliminate the right to strike for all employees in the health care sector, and the home support workers — a generally older group that includes mainly women — are simply the first, easiest target.

If there’s an argument for eliminating health care workers’ right to strike, losing that right should then become a factor in determining their compensation.

But this legislation isn’t about essential services. It’s about government trying to solve larger economic problems on the backs of already low paid workers.

It’s the wrong way to do it.

ZOOM

Nothing funny about Polar Plunge



TASOS KATOPODIS/GETTY IMAGES

Tonight Show host takes a jump in lake

Jimmy Fallon participates in the Chicago Polar Plunge 2014 into Lake Michigan on Sunday in Chicago.

The Tonight Show host agreed to make the “plunge” with Mayor Rahm Emanuel as a condition for the mayor appearing on Fallon’s show in New York, following an exchange of tweets and

challenges.

The annual event draws several thousand hearty plungers to raise money for Special Olympics Chicago.

Emanuel said last summer that if the city’s children read 2 million books as part of a Chicago Public Library program called Rahm’s Readers, he’d jump in the lake. When it appeared that they had met the goal, Emanuel had to do it.

THE ASSOCIATED PRESS

Challenge prompted by Chicago mayor

When Emanuel heard that Fallon wanted him to appear on the late-night show that he took over in February from longtime host Jay Leno, the mayor called the comedian and challenged him to join in the plunge.

Fallon joked on his show Wednesday that he agreed to make the plunge before

realizing what the plunge actually entailed.

He called it a “nightmare” but said he was a “man of my words.”

He said Emanuel told him he had to “toughen up” before Emanuel would appear on his show.

The comedian’s followers egged him to do it with a #JimmyPlungeWithUs campaign on Twitter.

THE ASSOCIATED PRESS

Clickbait



DYLAN ROBERTSON
Metro Online

Scoping out a new hairstyle? Maybe you’re travelling soon and don’t want to risk any salon miscommunications. Here are some apps that use a face photo to let you try on different hairstyles.

ModiFace Hairstyles:

This app allows women to try out 85 different styles in 20 colours, with photos of popular celebrity looks. (free, iOS)

Hair Salon:

This similar app lets women try out a variety of hairstyles. (free, Android)

Men’s Hairstyles:

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Probably the quickest way to try out a Santa beard or a crew cut. (\$0.99, iOS)



CONTRIBUTED

Twitter

@metropicks asked: A fire dept is mad b/c a porn site took over their expired URL. What site would you take over and why?

@icubedca: We would take over http://www.cra-arc.gc.ca because we really admire their income.

@speirs: I would take over MetroNews.ca, and then perhaps start a newspaper. (Psst. I lack imagination.)

@late2game: Snagged actionlon-don.ca which was an astroturfing front for the development industry during the 2010 muni election.

Follow @metropicks

Comments

RE: Man Wakes Up In Body Bag At Funeral Home, published Feb. 28

You would think before putting someone in a fricking body bag, you would ensure that they were actually dead. Whoever signed off on this guy’s death should be fired and have their licence revoked.

Grrrrrrrr posted to metronews.ca

maybe he dropped in for a cold one **CrazySnail posted to metronews.ca**

how many times has this happened and NOT been caught?

BUBBLE WHACK posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca



Alfonso Cuarón accepts the award for best director of the year for Gravity during the Oscars at the Dolby Theatre on Sunday in Los Angeles. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS

Only best picture escapes the mighty pull of Gravity

And the Oscar goes to ... Many categories were considered a foregone conclusion, so all eyes were left on best picture and supporting actress



NED
EHRBAR

Metro World News in Hollywood

While Gravity pulled off a near-sweep at the Academy Awards, it was the gripping historical drama 12 Years a Slave that took the top prize, with Steve McQueen's harrowing retelling of the trials of Solomon Northup winning the Oscar

for best picture Sunday night in Hollywood. Despite losing out to 12 Years a Slave, Alfonso Cuarón's technological marvel was the clear leader, dominating the show with wins for directing, cinematography and editing, among others. David O. Russell's American Hustle, by contrast, was completely shut out.

With many of the main categories considered a foregone conclusion after a lengthy awards season that pushed freshly minted Oscar winners Matthew McConaughey, Jared Leto and Cate Blanchett to the front of the pack, all eyes were on the few remaining categories left up in the air, including best supporting actress. In that race, Lupita Nyong'o (12 Years

a Slave) bested closest rival Jennifer Lawrence (American Hustle), earning an Oscar for her first film role. "It doesn't escape me for one minute that so much joy in my life is because of so much pain in someone else's," Nyong'o said in a tear-filled, emotional acceptance speech. "When I look down at this golden statue, may it remind me and every little child that no matter where you're from your dreams are valid."

As for Leto, the first-time nominee kicked off the night with an expected win for his portrayal of transgender AIDS patient Rayon in Dallas Buyers Club. Leto honoured his mother while accepting his award. "Thank you for teaching me to dream," he told her from

the stage. "To all the dreamers out there watching around the world in places like the Ukraine and Venezuela, I want to say that we are here. ... We're thinking of you tonight."

Host Ellen DeGeneres, returning to the job after leading the show in 2007, took the torch from Seth MacFarlane and promised a ceremony with less song-and-dance and less controversy. She kicked off the show in a sparkly blue tuxedo and a joke about the inclement weather in Los Angeles last week. "We're fine," she assured the audience. She also attempted to reassure the nominees that it wasn't about the competition. "Who are we kidding? It's the Hunger Games," she soon admit-

ted. "You're starving, there are cameras everywhere and Jennifer Lawrence won last year." But after a strong start, the ceremony quickly took on a lagging pace, seeming to drag on with extraneous segments focusing on the show's theme of celebrating heroes. And though DeGeneres had vowed to be more involved in the show beyond the first half hour, that promise didn't appear to bear out.

Online

Visit metronews.ca for more Oscar coverage and a full list of winners.



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John MacKay, former editor of Fashion magazine and pop culture reporter, gives us his picks for Oscar's best-dressed list — and who missed the mark



Red-hot on the red carpet

1 Most anticipated dress — that didn't disappoint: Cate Blanchett in Armani — plus loyalty to an old friend.

2 Chicest Couple: Olivia Wilde and Jason Sudeikis, she in black Valentino, he in a midnight blue Prada tuxedo. Good taste, good looks and a pregnancy to boot!

3 A host outshines the stars: Ryan Seacrest, hosting E's red carpet coverage wearing an off-white Burberry dinner jacket (he calls it "custard cream") rather than the usual black.

4 Best red on red: Jennifer Lawrence on the red carpet in red Christian Dior. Keeping with her Oscar tradition, Lawrence tripped, but recovered the only way this woman knows how: with a laugh.

5 The one exception: In a rare misstep, newly blonde Julia Roberts is sadly, surprisingly, dowdy.



Ebooks



Year In Focus 2013

By. Getty Images

Kindle/iBooks



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Proof that a digital book can hold more photos than paper, this retrospective from Getty Images is a wealth of zoomable slide shows and interactive panoramas that place you at sporting events, concerts, and red carpet galas. Video reports revisit the year's scandals and conflicts while archives and obituaries travel through lives of influence. Every page preserves an extraordinary second.

Razzies

Forget the best, who's the worst in Hollywood?

Has Adam Sandler's dubious dominance of the Razzies come to an end? While Sandler has earned plenty of dubious honours from the Golden Raspberry Award Foundation — "celebrating" the worst in cinema each year on the night before the Oscars — he went home empty-handed despite his *Grown Ups 2* being nominated for nine Razzies. Instead, the top honour went to star-studded sketch-comedy omnibus *Movie 43*, which won worst director for its 13 directors and worst screenplay for its 19 credited writers. Sandler himself was unseated by Jaden Smith, dubbed worst actor for his work alongside dad Will Smith — and worst supporting actor winner — in the sci-fi flop *After Earth*. The father-son duo also earned a trophy for worst screen combo. And Johnny Depp's disappointing *The Lone Ranger* was named worst remake, rip-off or sequel, making it the only Oscar-nominated film (for best makeup) to win a Razzie this year.

NED EHRBAR/MWN



Drake ALL PHOTOS GETTY IMAGES

'Difficult to manage' Drake dropped by PR firm

Drake is quickly earning himself a reputation for being difficult to work with after reportedly being dropped by his public relations firm, according to Page Six. The move was reportedly in response to Drake's outburst over being replaced on the cover of Rolling Stone by the late Philip Seymour Hoffman, and sources tell the Hollywood Reporter that

the rapper "has been known to be difficult to manage." Making matters worse, he's apparently taking career advice from a group of friends from Toronto going by the name October's Very Own. "It's a shame that someone with so much talent is surrounded by kids who are burning bridges left and right," a source tells Page Six.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Crowe, Crowe, Crowe your boat gently toward the Pope...



STARGAZING
Malene Arpe
scene@metronews.ca

Russell Crowe has been tweeting the Pope, inviting him to come watch Russell's new movie Noah. The Pope finally tweets back, "Already know that story, Gladi8r-boy. But really looking forward to Guardians of the Galaxy #rocketraccoon."

An expert says that the recent proliferation of selfies is leading to a worrying increase in head lice. See, that's why I don't ever put my head next to someone else and take a picture, not because I don't have any friends.

Alec Baldwin announces that he's leaving public life for the following reasons: 1) He's too sensitive to deal with the haters. 2) Everyone in the world doesn't think and behave the way he wants them to think and be-

have. 3) Too many head lice.

Paula Deen declared that she's "back in the saddle." She added, "On a white horse, of course."

VH1 announces production of a new reality series called Naked Dating. It's for those who find The Bachelor "too damn snooty."

Conspiracy theorists attack the video for Katy Perry's Dark Horse as being the most insidious indoctrination tool the Illuminati has ever produced. After wiping the hot tears from her third eye, Beyoncé immediately fires her video producer.

Skeet Ulrich will be playing two roles, a zombie and the zombie's priest brother, on an NBC show called Babylon Fields. But only because the sitcom Slow Dancing, which was about a werewolf family fighting childhood obesity in space, didn't work out.

David O. Russell says he made Jennifer Lawrence cry by spoiling the ending of Anna Karenina for her while she was reading it. Way to go throwing Jennifer under the train for being a crybaby.

THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

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Halifax portion of contest closes March 5, 2014 at noon. Open to Canadian residents, excluding Quebec, 18 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two (2) to Glasgow, Scotland, which includes return airfare to Glasgow, Scotland for two (2) people, on Air Transat, from the major Canadian airport closest to the selected entrant's place of residence that has direct Air Transat flights to Glasgow (i.e., the following airports: Toronto Pearson International, Calgary International Airport and Vancouver International Airport), four (4) nights hotel accommodation, courtesy of the British Council, total prize valued at approximately \$5,000 CAD (based upon departure from Toronto, actual value may vary depending upon time and place of departure).

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3
LIFE

Use plastic to build credit history

A credit card can be your friend. Establish credit-worthy record just by paying off card in full every month



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are under the impression that I hate credit cards. Nothing could be further from the truth. I actually use my credit card for most of my purchases. What I hate is the idea of paying interest. I NEVER buy anything for which I do not already have the money set aside, so the balance is paid off in full every month.

Not having a credit card often means not having a credit history: The file that shows how you are at managing credit. This is something we usually associate with older, widowed women who have been cared for by loving, controlling spouses. But not having a credit history isn't the domain on slightly out-of-touch women; there are men out there who haven't got a clue because their wives do everything. And it isn't the exclusive territory of our elders; there are young professionals who haven't bothered to establish their own credit identities.

Everyone needs to have the ability to borrow money. Regardless of how you use credit, to get it you need to have a history to prove you can use



Used wisely, a credit card offers a no-cost way to build your credit file. iStock

Get a charge out of this

With a credit card, you can build a credit record without it costing you a cent.

it responsibly. And the fastest, cheapest and easiest way to establish a credit history is with a credit card.

If you have no credit history at all — or you've destroyed your credit history and need to rebuild from scratch — you'll need to have sufficient assets to secure your first foray into credit. Most people overlook credit cards as an option because they don't realize a credit card can be secured.

With a secured credit card, you put up cash to cover your balance. Lenders often want twice the credit card limit, so

if you want a \$500 credit limit you'll have to ante up \$1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

Secured or unsecured, a credit card can be the cheapest way to build your credit file. In the old days, you had to take a loan, which you then repaid to establish yourself. All the while the interest clock was ticking. So you were "buying" your credit history. With a credit

card, you can build a credit record without it costing you a cent. That's because credit cards let you use the issuer's money for a specific period of time interest free. And as long as you repay the outstanding balance in full every month, you can continue to use that credit at no cost. What a deal!

There are three kinds of credit cards: Travel and entertainment cards (like American Express, Diners Club) which don't have preset spending limits but which must be repaid in full each month. Company or retail store cards that are accepted by the issuing company and usually charge the most outrageous rates. And bank issued credit cards that let you "revolve" credit by paying a portion of your balance each month.

Banks do all kinds of things to get you to sign up for their cards. One of the most effective tools they have are teaser rates: Those low interest rates offered as an enticement for you to sign up for the card that last for a specific period of time. And only for as long as you pay on time. Pay attention to the terms and the expiry period, and make your payments well before the due date so you don't get caught when that low introductory rate sky-rockets.

The type of credit consumer you are should dictate the type of card you have. If you find yourself carrying a balance, while you work on getting your balance paid off, search for a card with the lowest rate and transfer your balance to that new card. If you pay off your balance every month, you can go with a card that has higher interest — who cares, you're not paying interest anyway — that also offers features like frequent flier miles, cash back, or special insurance options. Just make sure the pay-off is worth the price of the annual fee if there is one.

Credit cards can be invaluable when it comes to establishing a credit history. Get one, charge everything, pay it off — all off — every month, and in no time flat you'll have a credit history that will earn you preferential rates when next you need to borrow money for something important.

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Tax

Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Only Some Hospital Parking Can Be Claimed, But Everyone Should File A Return

Q

I am working part-time while going to college. I didn't earn very much last year. Do I need to file?

A

Absolutely. I would encourage any college or university student to file. Even if you earned no income, once you turn 19 you may be eligible for the GST/HST benefit. You have to file to receive it but it will be worth it when a little extra money arrives every three months. You must claim your tuition and education credits each year even if you can't use them. You may not benefit from the credits right now, but once you are working and paying tax, the carry forward credits mean a nice tax break. Or you can transfer up to \$5,000 in credits to your parents, grandparents or spouse.

Q

Can you claim hospital parking fees as a medical expense?

A

It depends. If you have to travel 80km or more, you can claim mileage, and parking as well as accommodations and meals for you and an attendant. But if the hospital is closer to home, the parking fees can't be claimed as a medical expense.

Visit hrblock.ca for a location near you

Turkey in the slaw: Lean burgers zing with hoisin and a fresh crunch

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Turkey burgers are a healthier choice than beef and taste delicious. Feel free to use ground chicken as well.

Consider that 4 ounces of ground beef contains 250 calories, 17 gm of fat and 7 gm of saturated fat. Ground turkey contains only 128 calories, 7 gm of fat and 2 gm of saturated fat for 4 oz.

That's a significant difference to your diet.

You also have a choice of

white or dark ground turkey. The dark turkey has slightly more calories and fat but is still lower than beef. Often a combination of both white and dark turkey make a delicious and moist burger.

Turkey is an excellent source of lean protein and contains the amino acid tryptophan, a building block of the brain compound serotonin, which induces better sleep and calmness, something we all need!

The Asian flavors go well with turkey. You can find these ethnic ingredients in the Asian section of supermarkets.

The slaw is prepackaged and found in the lettuce section of your grocery store. Feel free to make your own slaw, by grating some white, red or green cabbage, carrots and broccoli.

No need for a bun, but feel free to serve over a whole grain roll with sliced tomato and an extra dollop of hoisin sauce.

You can make these burgers



COOKING TIME
10 MINUTES

The recipe for Asian Turkey Burgers with Slaw Topping recipe makes 4 servings. ROSE REISMAN

Ingredients

Burgers

- ¼ cup finely diced onion
- 1 lb ground turkey
- ¼ cup panko Japanese crumbs or unseasoned bread crumbs
- 3 tbsp hoisin sauce
- 1 ½ tsp minced ginger
- 1 tsp minced garlic
- 2 tsp soy sauce
- 1 tsp hot sauce (sriracha)
- 1 tsp sesame oil
- 3 tbsp chopped cilantro

Slaw topping

- 2 ½ cup packed coleslaw
- 1 tbsp hoisin sauce
- 1 tsp minced ginger
- 1 tsp sesame oil
- ½ tsp hot sauce
- 2 tbsp chopped cilantro
- 1 tsp sesame seeds

ahead of time, uncooked and freeze for later use.

Directions

1. Burgers: Mix all ingredients

until combined and make four patties.

2. Grill patties in a skillet sprayed with vegetable oil for 5 minutes per side

or until temperature reaches 165 F.

3. While cooking burgers, combine slaw topping. Serve over burgers.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Soup shooters pack sweet potato with Thai punch, hit of pistachio pesto



Thai Sweet Potato Soup recipe makes 12 (four ounce) servings. ROSE REISMAN

Shot glass soups are very popular for a starter before dinner or for an appetizer at a party.

Sweet potatoes and light coconut milk make a creamy and rich tasting Thai-flavored soup without the calories and fat.

You can substitute butternut squash for the sweet potato.

Directions

1. Lightly coat a large non-stick pot with cooking spray. Add the oil and set over medium heat. Sauté the on-

Ingredients

Thai Sweet Potato Soup

- 2 tsp vegetable oil
- 1 cup diced onion
- 2 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 2 tbsp finely minced lemon grass or 1 tsp grated lemon zest
- 6 cups diced peeled sweet potatoes
- 3 cups low-sodium chicken stock
- 1 ½ tsp hot chili sauce (sriracha)

- Pinch of salt
- 1 cup light coconut milk
- 1 tsp honey

Garnish

- ¼ cup chopped fresh cilantro or basil
- 3 tbsp finely chopped pistachio nuts

For serving

12 (4 oz) shot glasses

onions are just softened.

2. Add the lemon grass, sweet potatoes, stock, chili sauce and salt. Bring to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes or until the potatoes are tender.

3. Purée the soup in a blender or food processor in batches. Return the soup to the saucepan and add the coconut milk and honey. Heat through. Serve the soup in shot glasses and garnish with cilantro and nuts.

Cooking time: 20 minutes

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

ion, garlic and ginger in the pot for 5 minutes or until the

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Resilient Huskies overcome X-Men to win AUS crown

Men's basketball.

After a gutsy Sunday matchup, Saint Mary's came out on top in front of its hometown crowd



ANDREW RANKIN

andrew.rankin@metronews.ca

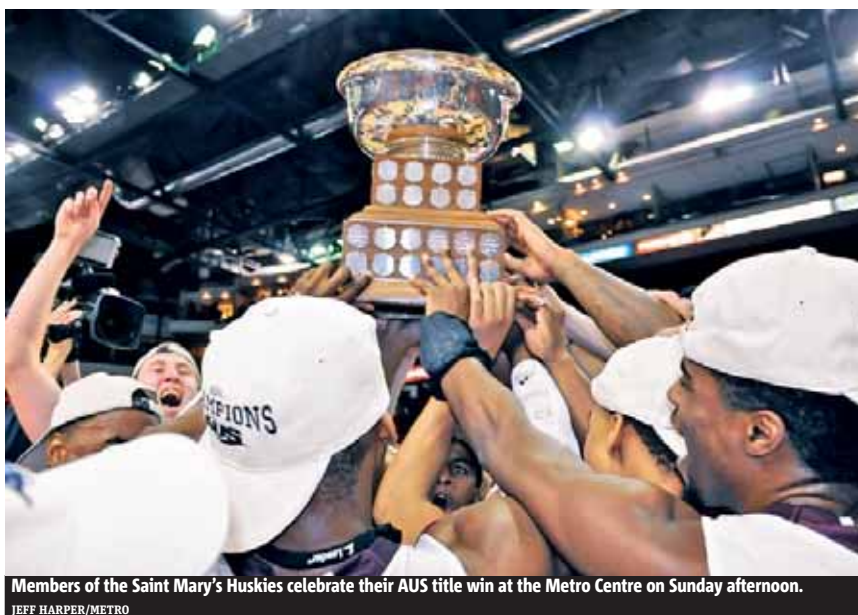
Five years on, and the torment of falling just short continued to haunt Harry Ezenibe.

Then a rookie, Ezenibe and the Saint Mary's Huskies endured a heartbreaking AUS semifinal loss to the St. Francis X-Men.

Finally, on Sunday, Ezenibe and Co. turned the tables on their old foe, in a hard-fought 81-72 championship victory over the X-Men before 3,668 fans at the Metro Centre.

He earned his men's Atlantic University Sport basketball title, and as it turned out, a tournament MVP as well.

"After that loss to X, my seniors were telling me, 'Harry, you have to remember this day,'" said Ezenibe, who,



Members of the Saint Mary's Huskies celebrate their AUS title win at the Metro Centre on Sunday afternoon.
JEFF HARPER/METRO

along with Game MVP Theon Reefer, led the Huskies with 14 points. He also grabbed 10 boards.

"I just thank God that I was given this opportunity."

Facing a determined X-Men

squad fresh off a surprising upset victory over No. 1-ranked Acadia Axemen on Saturday, the Huskies dug deep.

Up until the final four minutes they remained neck-

and-neck. Then, the No. 2-ranked Huskies took over. The ever-gracious Ezenibe, who throughout the season battled injuries to his back, hip flexor, MCL and elbow, was finally rewarded.

Quoted

"We're going to the nationals now and I won't be able to convince these guys that we're not the best team."

Huskies head coach Jonah Taussig

"This is my last year, my last run," he said. "I just kept on believing that I'm going to get a chance to play and finish my career right."

Nor did he forget the fans, especially the legion of spirited Husky supporters who showed up courtside wearing red and white team colours, cheering on the champions every step of the way.

"They all believed that we were going to win this game. I felt that and it gave me the spark not to lose any focus."

The Huskies will go into nationals at Scotiabank Place in Ottawa ranked at No. 6 and will play in the quarter-finals on Friday at 1:30 p.m. against the third-seeded Alberta Golden Bears.

Saint Mary's edges UNB to cap semifinal upset



Huskies head coach Trevor Stienburg
METRO FILE

Even Trevor Stienburg didn't think it would unfold quite like this.

The Saint Mary's Huskies head coach thought his team had a chance against the No. 1-seeded New Brunswick Varsity Reds, he just wasn't prepared for such a decisive semifinal series win.

With a 1-0 victory before 1,721 fans at the Halifax Forum, the fifth-ranked Huskies completed the upset, taking the series three games to one.

"There's a little bit of sweet-

ness here no question," said Stienburg. "The guys kept really positive. We stuck together when it really mattered. UNB is a good hockey team. The reason why it feels so good is because they are such a great team."

They did it with a several key players out of the lineup, like defenceman Michael D'Orazio and forward Steven Byers. With a defensive unit largely made up of rookies, the Huskies found a way through a team-first approach and top-

notch goaltending.

The dagger arrived just over four minutes into the final frame when Stephen Gillard finally broke the scoreless tie.

From there, Huskies netminder Anthony Peters was rock solid, making 30 saves on the night.

"This is a special snapshot in time," added Stienburg. "They stuck together. This is a pretty big upset against a very good hockey team and not many people believed this would happen." ANDREW RANKIN/METRO

Championship matchup

The Huskies advance to the AUS final against the second-seeded Acadia Axemen.

- "They are probably the most explosive team in the league," Saint Mary's head coach Trevor Stienburg said. "We have to just keep doing what has been working for us. We believe in each other."

Brier

Stoughton winning ugly but at top of standings

Two-time world champion Jeff Stoughton needed an extra end to grind out a 7-6 win over the Northwest-Yukon Territories Sunday afternoon at the Canadian men's curling championship.

It might not have been pretty, but with a loss for

John Morris and his B.C. squad, Stoughton and Manitoba claimed sole possession of first place as the only unbeaten squad at the Canadian men's curling championship with three straight wins.

"We were just missing too many draws heavy today and finally got it together late in the game," Stoughton said.

Stoughton was set to play winless New Brunswick Sunday night.

THE CANADIAN PRESS

QMJHL

Ehlers pots two natural hat tricks to lead Mooseheads to weekend wins

Nikolaj Ehlers is on quite a roll.

A day after recording a natural hat trick, the 18-year-old forward did it again, single-handedly lifting the Halifax Mooseheads to a 5-2 victory over the Moncton



Nikolaj Ehlers
METRO

Wildcats before 6,471 fans at the Moncton Coliseum on Saturday night.

With the game knotted at 2-2 late in the middle frame,

Ehlers broke the deadlock with a power-play marker with just 2:53 left in the period.

With less than two minutes left in the third period, he struck twice in 25 seconds to seal the deal.

With the win, the Mooseheads extend their winning streak to seven games, improving to 41-18-0-3.

The Mooseheads hit the road on Tuesday to take on the Cape Breton Screaming Eagles. METRO



Canucks defenceman Kevin Bieksa tries to bat the puck past Senators goalie Craig Anderson during the Heritage Classic game in Vancouver on Sunday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Sens put Canucks away in icebox

NHL. Ottawa rallies from early two-goal deficit for win in outdoor-turned-indoor Heritage Classic

Senators rookie Cody Ceci is trying to help his team by helping his own cause.

Ceci's second-period goal stood up as the winner as the Ottawa Senators downed the Vancouver Canucks 4-2 before a disappointed crowd of more than 50,000 people Sunday in the NHL Heritage Classic.

"It means a lot," said Ceci, a 20-year-old Ottawa native. "These are points that we need right now going down the stretch, and it means a lot to me. I'm just trying to earn my spot here."

The Senators (27-23-11) posted their first win in three games and kept pace in the race for the eighth and final playoff berth in the Eastern Conference. The Canucks (28-25-10) suffered their ninth loss

Heritage Classic

4

Senators

2

Canucks

- The NHL's outdoor series was forced to go indoors as the BC Place Stadium roof was closed due to rain.

- The weather teased Vancouver and Ottawa players who had hoped the roof would remain open. Although Vancouver received a light snowfall overnight, a morning drizzle forced the closure



Vancouver's BC Place Stadium's roof was closed on Sunday.

DARRYL DYCK/THE CANADIAN PRESS

of the stadium's retractable dome.

in 10 games and remained on the bubble in their quest for eighth in the Western Conference.

Ceci put the Senators ahead 3-2 midway through the second. The defenceman moved up, took a pass from

Jason Spezza, and fired home a shot from the right wing on a 3-on-2 rush.

He helped the Sens make a classic comeback as they produced four unanswered goals after trailing 2-0 in the first five minutes. The score was

tied 2-2 after the first period before Ceci decided the outcome.

Clarke MacArthur, Erik Karlsson and Colin Greening, into an empty net with 1:33 left in the game, also scored for Ottawa.

Jason Garrison and Zack Kassian scored for the Canucks before Ottawa goaltender Craig Anderson shut them out the rest of the game.

The Canucks lost winger Daniel Sedin in the second period after he took an elbow to the head from Ottawa defenceman Marc Methot. A woozy Sedin was helped by two trainers from the bench on a long way to the dressing room. No penalty was called on the play.

The game was designed as a tribute to the 1915 Stanley Cup final series between the eventual-champion Vancouver Millionaires and Ottawa Senators. The Canucks wore maroon and cream-coloured replica Millionaires jerseys while the Senators sported duds similar to those of their predecessors.

THE CANADIAN PRESS

MLB. Bronx Bombers live up to moniker against division rival Blue Jays

Carlos Beltran homered for his first hit this spring, leading the New York Yankees past the Toronto Blue Jays 8-2 on Sunday.

Jose Bautista hit his second homer in exhibition play for the Blue Jays.

Beltran's solo home run came in the third off reliever Todd Redmond and landed far over the right-field fence. It capped a four-run inning that included a two-run homer by Eduardo Nunez.

Beltran signed a three-year, \$45-million contract with the Yankees in the off-season. He batted .296 with 24 homers and 84 RBIs with the St. Louis Cardinals last year.

"You want to see guys swinging the bat well, obviously, but it's really important at the end," Yankees manager Joe Girardi said.

"It doesn't really matter



Jose Bautista hits a solo home run for the Blue Jays against the Yankees on Sunday in Dunedin, Fla.

FRANK GUNN/THE CANADIAN PRESS

sometimes. You can be swinging the bat horrible at the end of spring training and get off to a hot start and vice versa. But it's always nice to see."

THE ASSOCIATED PRESS

PGA. Henley emerges from four-man playoff to win the Honda Classic

Russell Henley made good on his second chance at the 18th hole Sunday and won the Honda Classic in a four-man playoff.

The closing hour was a series of blunders at PGA National, particularly by Rory McIlroy, who lost a two-shot lead by closing with a 74.

Henley was in position to win in regulation until he chunked a wedge and had to scramble for par on the par-5 18th. In the playoff, he was the only player to reach the green in two and two-putted for birdie and the win.

Tiger bows out

13

Tiger Woods withdrew after 13 holes Sunday, citing a lower-back injury. Woods was 5-over par for the final round — 12 shots behind leader Rory McIlroy at the time.

Russell Knox, Ryan Palmer and McIlroy all made par in the playoff.

Henley, who closed with a 72, won for the second time and qualified for the Masters.

THE ASSOCIATED PRESS

TOP
SIX@6

Weeknights at 6 K8 counts down the HOTTEST songs of the day

- 6 A Great Big World ft Christina Aguilera Say Something
- 5 Lorde Team
- 4 Pharrell Williams Happy
- 3 Jason Derulo Talk Dirty
- 2 Pitbull ft Ke\$ha Timber
- 1 Katy Perry Ft Juicy J Dark Horse

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NHL

Miller gets win in Game 1 with Blues

Patrik Berglund scored twice during St. Louis' four-goal, third-period rally and the Blues beat the Phoenix Coyotes 4-2 Sunday in goaltender Ryan Miller's debut.

Miller made 23 saves in his first game since being acquired by St. Louis in a five-player deal with Buffalo on Friday. In addition to posting a 284-186-57 record in 10-plus seasons, all with the Sabres, Miller entered the game 6-0-0 with a shut-out and a 1.15 goals-against average in his career against Phoenix.

Kevin Shattenkirk and Magnus Paajarvi added goals for the Blues, who had been scoreless for a franchise record 187:44 before scoring three in a nine-plus minute span.

THE ASSOCIATED PRESS

NASCAR

Harvick hard to deny in Arizona

Kevin Harvick had a nice send-off with Richard Childress Racing, winning his penultimate race with the team at Phoenix International Raceway.

Back at Phoenix four months later, he stamped his arrival at Stewart-Haas Racing by winning the second race with his new team — doing it on the same weekend he celebrated his 13th wedding anniversary, no less.

Yeah, Harvick kind of likes it in the desert.

Disappointed at the Daytona 500 after a last-lap crash, Harvick bounced back quickly by charging to the front and dominating the rest of the way Sunday to win consecutive races at PIR with different teams.

THE ASSOCIATED PRESS

NBA

DeRozan digs deep in Raps win

DeMar DeRozan had zero intention of losing to the Golden State Warriors for a second time this season.

DeRozan had one of his best games of the season as he scored 32 points to lead the Raptors past the Warriors 104-98 on Sunday afternoon, with the memory of Toronto giving up a 27-point lead to Golden State in December still lingering in his mind.

"It was a big win, big win against a great Western Conference team," DeRozan said. "Especially with the way we lost at their place. The way that we lost was definitely tough, we understood that coming into tonight so it was definitely a big win." THE CANADIAN PRESS

Andrew, Nick poised to make deep impact

March Madness.
Inseparable Wiggins siblings eye NCAA tournament glory

Nick Wiggins stood on the court at Koch Arena with one arm around mom, the other around dad, his second-ranked Shockers having just finished a 31-0 regular season.

For once, it was the older brother of Kansas star Andrew Wiggins getting all the attention.

Now, with the NCAA tournament right around the corner, the two brothers — and their teams — are ready to become the story of March.

Wichita State heads into the Missouri Valley Conference tournament this week riding the best start since UNLV in 1991, while the fifth-ranked Jayhawks have wrapped up the outright Big 12 title — the 10th straight championship for the storied program.

If things transpire as most bracketologists believe, Wichita State will be a No. 1 seed in the NCAA tournament and Kansas a No. 2 seed, quite possibly in the same region.

And if everything went according to script, they would meet for a spot in the Final Four.

"Believe me, they'd want to face each other," said their father, former NBA first-round draft pick Mitchell Wiggins, "but I think they'd rather play each other in the final."

"Don't ask me," chirped their mother, Marita Payne-Wiggins.

The Canadian brothers are about as close as could be. Nick and several of his Wichita State teammates made the two-hour trip north earlier this season to watch Andrew lead the Jayhawks against Baylor, and more than once, Andrew has made the trip back south to hang out with his biggest fan.

They have relied on each other, along with their parents, to stay grounded during this memorable season. Not even the pressure of the NCAA tournament can tear apart those family bonds.

In fact, one of the reasons



Andrew Wiggins of the Kansas Jayhawks takes a shot against the Texas Longhorns, Feb. 1, in Austin, Texas. STACY REVERE/GETTY IMAGES



Nick Wiggins reacts after sinking a 3-point shot against Loyola-Chicago, Jan. 28, in Wichita, Kan. PETER AIKEN/GETTY IMAGES

Andrew chose Kansas over just about every other major program in the country was that Nick was just down the road at Wichita State.

It turned out to be good for their parents. Mitchell and Marita were able to watch Nick

and the Shockers dispatch Missouri State on Saturday to finish off a perfect regular season, a victory capped by a senior day ceremony in which Nick received a framed version of his No. 15 jersey.

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Horoscopes

♈ Aries

March 21 - April 20

The Sun links with power planet Pluto today, so it's unlikely you will be in the mood to stay home and bake cookies. There is a world out there and you have the talent to be Number One.

♉ Taurus

April 21 - May 21

If you take a risk over the next 24 hours it will more than likely pay off. No matter how powerful your rivals may be you have what they do not – staying power and no fear.

♊ Gemini

May 22 - June 21

No matter what you turn your hand to over the next few days it will work out better than you expected. You are going to accomplish something special indeed.

♋ Cancer

June 22 - July 23

Never doubt that you have what it takes to succeed. Never doubt that you belong at the top with the best. Today's Sun-Pluto link will inspire you to believe all things are possible.

♌ Leo

July 24 - Aug. 23

The week ahead will be busy in the extreme but you're ready for the challenges that will come your way – in fact you're eager for them. Don't wait for others to take the lead, take it yourself.

♍ Virgo

Aug. 24 - Sept. 23

You may have to get tough with someone who has let you down but make sure you don't let your anger take over because if you go too far you will lose your credibility.

♎ Libra

Sept. 24 - Oct. 23

You won't stop impressing people with your ideas, both at home and at work others will look up to you as the one person they can trust to see things as they really are.

♏ Scorpio

Oct. 24 - Nov. 22

How much confidence do you have in your abilities? Hopefully it's a lot because with the Sun linked to your ruler Pluto there are going to be some big changes coming.

♐ Sagittarius

Nov. 23 - Dec. 21

Some things are more difficult than others but this will be one of those days when everything comes easy to you. With the Sun linked to Pluto, planet of power, there is nothing you cannot do.

♑ Capricorn

Dec. 22 - Jan. 20

Don't let your suspicious nature get the better of you today because there is little you have to worry about. Pluto in your sign means others should be more afraid of you than you of them.

♒ Aquarius

Jan. 21 - Feb. 19

Remember today that even an Aquarius has limits. It may feel as if you can take on the world and win but there may be a downside if you come on strong when you don't have to.

♓ Pisces

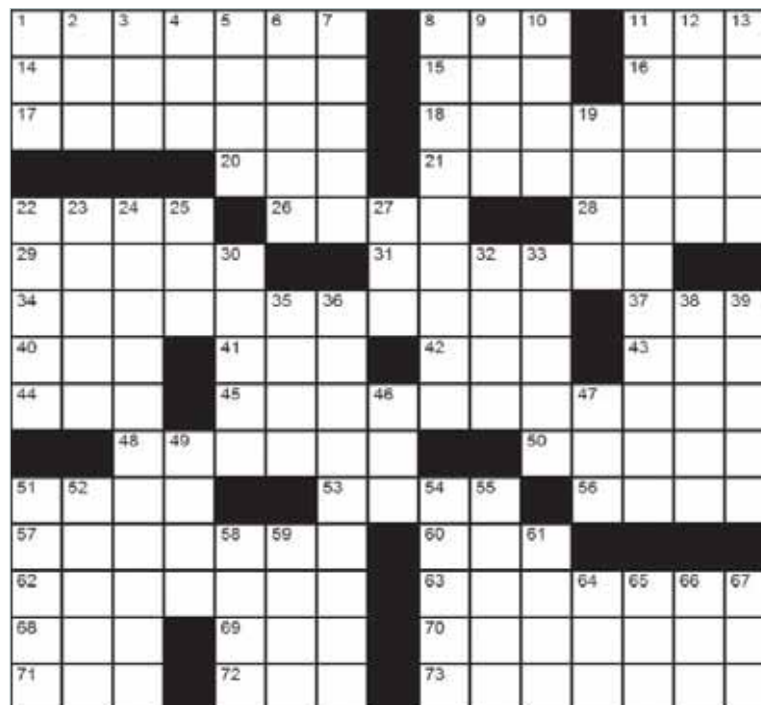
Feb. 20 - March 20

The world will see your passionate side today and even your friends will be amazed at your determination. Those who thought you were all talk are about to be proved wrong. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pharaoh's pride
8. Nancy Grace's station
11. Canada's dance music channel
14. Escape legend
15. Storm's centre
16. Can. neighbour
17. Spring Training locale for the Toronto Blue Jays
18. Gobbled down the food
20. 'Senor' suffix
21. ___-___ protester (Fashion show attendee, at times)
22. Sovereign's staff
26. Ex-love of Britney's ex-love Kevin
28. Built
29. Jim Croce's "___ Name"
31. Hertz pickup
34. Canadian correspondent on "The Daily Show with Jon Stewart": 2 wds.
37. Against [abbr.]
40. Sun lotion number
41. Never: German
42. 'Carot' completer
43. Scot's 'own'
44. Royal officer, for short
45. Great alum of "American Idol": 2 wds.
48. Yellow-green hue
50. Deliver the summons
51. Mr. Garfunkel,



53. Look for
56. Australian greeting!
57. Make mention of: 2 wds.
60. Jewellery sparkler
62. Canadian artist Mr. MacDonald (b.1901 - d.1989)
63. Indigo CEO,

- Heather ___
68. Tic-Tac-Toe win
69. Fitting
70. Closed-off area
71. Brit. word/reference work
72. ___-di-dah
73. Riot spray: 2 wds.

Down

1. High degree

2. "___, too?!"
3. Bleed
4. 'Block' suffix
5. Skirt length
6. Monogram components, for short
7. Showbiz personality Ms. Shore
8. 1962 Crystals hit: 3 wds.
9. Ms. Redgrave

10. Organized
11. Old West sight: 2 wds.
12. Pretension person
13. Mother, in Madrid
19. Terza ___ (Italian verse form)
22. Grammy-winning artist, ___ Elliott
23. Awestruck

BY KELLY ANN BUCHANAN

24. Mashed potatoes, as an example: 2 wds.
25. Greek letter
27. The Altar constellation
30. Ms. Paquin's
32. "99 Luftballons" by ___
33. Overbrims
35. Clothes-washing brand
36. What many Canadians do at Spring Break: 2 wds.
38. PEI's motto, ___ sub Ingenti
39. Rocker Mr. Wentz, fun-style
46. Li'l Abner character, Daisy ___
47. Say "Pretty, please!"
49. Glaring glancer
51. Spelled-out "Star Wars" (1977) character, ___-Detoo
52. Use a garden shed tool once more
54. Type of heron
55. Carolyn ___ (Name behind 'Nancy Drew' stories)
58. Tangible
59. Bark-made cloth
61. Isinglass
64. 35mm camera variety, briefly
65. Maclean's, e.g.
66. Marilu's role on '90s comedy "Evening Shade"
67. Belonging to maha's li'l state

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

-7°/-19°
Partly sunny

Tuesday

-8°/-14°
Mainly sunny

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